

# SENIOR EXPO 2019

Agoura Hills Recreation  
and Event Center

29900 Ladyface Court

Wednesday, May 1st  
9:00AM-1:00PM  
#8504

Free shuttle from Westlake  
Village Civic Center to  
Agoura Hills Recreation  
and  
Event Center.  
Shuttle runs from  
8am-2pm.

This event is designed to offer general education and awareness of products and services that are available to older adults/seniors. The first 200 people to RSVP will receive a free lunch!

This event is free to the public.

## Presenters:

### Vinay Chhabra: "Letting Go"

President of Pacific Senior Care, Meditation Mentor



Vinay has been regularly practicing yoga since 1985. His quest led him to learn meditation. He has completed a 10-day residential meditation course and a 2-week Intensive Meditation Course in India. Vinay founded a 100% volunteer run non-profit foundation, Caring Hand for Children to educate underprivileged children in India. Vinay will be presenting on letting go of past events and how we can live in the present, with the help of meditation.

### Aggie Winston: Osteoporosis

Owner of Body Solve It Studio

Aggie has been teaching Pilates since 2001, specializing in restorative and creative programs for improving posture, building a strong core foundation and correcting misalignments in the entire body. She is trained and certified to work with students who need special exercise programs for foot and ankle fitness, osteoporosis, scoliosis and neuromuscular deep tissue work to restore alignment and reduce joint and back pain.



Event is sponsored by the Cities of Agoura Hills and Westlake Village.

Register online at [agourahillsrec.org](http://agourahillsrec.org) or in person at the Agoura Hills Recreation and Event Center. For more information, please call (818) 597-7361.

